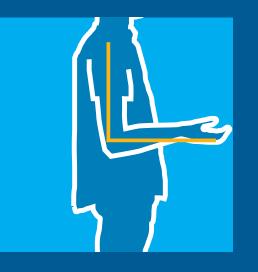
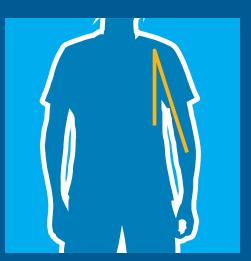
## Maintain Neutral Postures

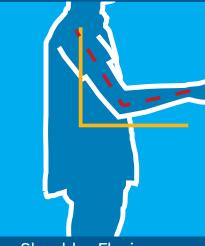
Refrain from repeatedly overreaching or holding such a position continuously. Keep equipment/materials directly in front of the body. Avoid reaching to the side or twisting when lifting. Use a step ladder to reach items in high places and minimize overhead activity.

## Neutral

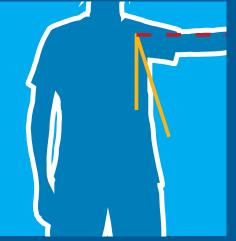
## **Awkward Posture**



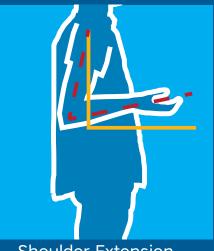




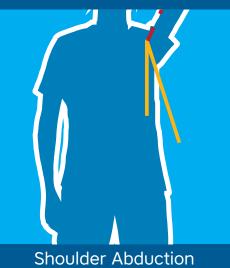




Shoulder Abduction



Shoulder Extension



and Extension

## Always pay attention to discomfort, pain and fatigue. Remember to maintain neutral postures and take time to rest and stretch.



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